

DETOXIFICATION



FOR

Our bodies detox continuously as a natural function. It's only when our detox mechanisms become overloaded that the process becomes less efficient and symptoms may occur. Toxins may be internal or external in origin. Pollution or pesticides in our food source put undue stress on our detox organs, the kidneys and liver. Improper digestion and imbalanced gut ecology provide internal forms of toxins in the way of metabolic by-products stemming from certain bacteria which have toxic side effects and therefore impact negatively on overall health by compromising detox pathways.

It has been suggested that toxic overload contributes to more serious conditions such as autoimmune diseases, inflammatory/rheumatoid arthritis and neurological disorders such as Parkinson's and Alzheimer's. The goal of this program is to gently and slowly cleanse your body of toxins that add an extra burden while at the same time supporting your major organs of detoxification. This program should turn your liver into a healthy, cleansing machine.

"Doing a cleanse was a great experience. I was amazed how easy it was to eat healthy organic foods all the time and completely cut out sugar, caffeine, and damaged fats (AKA french fries!). The cleanse was actually fun to follow and the shakes tastes great! I felt great both physically and mentally and had a lot of energy throughout the cleanse. An added benefit was that I lost some weight and I lowered my body fat percentage." -Terri

Symptoms which may be relieved by following a detox program include:

- Digestive problems
- Fatigue
- General malaise
- Headaches
- Skin rashes
- Weight loss resistance
- Bad breath
- Irritability
- Constipation
- itchy skin
- Joint pain
- Poor concentration

What a carefully planned detoxification program can offer you:

- Anti-aging effects
- Increased productivity
- Weight loss
- Sustained Energy
- Reduction of allergic symptoms
- Deep sleep
- Clearer skin and eyes
- Greater motivation and creativity

Mental Detoxification:

The cleansing of our mind of negative thought patterns is essential to health and physical detoxification and can aid in this process. Emotionally, detoxification helps us uncover and express hidden frustrations, anger, resentments and fear and replace them with forgiveness, love, joy and hope.

RELAX... BREATHE...GO FOR WALKS...
ENJOY THE CHANGE OF SEASON...
THIS IS A TIME FOR YOU TO CARE FOR YOUR UNIQUE SELF..
YOU ARE A PRIORITY, IF ONLY FOR THIS SHORT TIME.



Detox Program FAQs

Will it be uncomfortable?

There is bound to be differing opinions about the change in diet but this detox is designed to be gentle and easy to follow. Remember, it is not a fast, nor is it a colon cleanse, which are very harsh on your system. You will be eating plenty of food and the shakes are pleasant tasting. You may feel a slight withdrawal in the first few days if you are giving up a lot of caffeine or a lot of sugar. PaleoCleanse is a scientific formula, a "medical food", which will assist you through some of the challenging days. Have faith, it will pass, and it will all be worth it!

Will I be in the bathroom all day?

It is very important to consume extra water while detoxifying to help flush out toxins. Therefore, most people urinate more often than usual on this program.

Will I lose weight?

This detox program is not designed to be a weight loss program. However, many people lose weight during the course of their detox program. Some of the reasons for this weight loss include: lower than usual caloric intake due to having shakes for meals, taking sugar out of the diet, decreased consumption of allergenic foods such as wheat and dairy and release of toxins from fat stores.

Will I get headaches?

Some people experience headaches during the first few days of their detox due to withdrawal from sugar and caffeine. Remember, the week prior to detox you will be decreasing intake of these substances to minimize discomfort. The PaleoCleanse powder will assist your body in cleansing out these substances as quickly and efficiently as possible.

Can I exercise?

You may exercise normally (monitor yourself, of course). Some days you may feel fatigued. On these days, you may want to limit yourself to gentle movement such as walking, stretching or yoga, etc.

Should I continue with my regular vitamins?

PaleoCleanse contains many vitamins and other nutrients to help meet your daily requirements. You may suspend natural supplements during the detox if your health care practitioner agrees, but continue to take any medically prescribed pharmaceuticals. Ask your health care practitioner if you have any specific questions.

What about organic produce?

Fruits and vegetables that are consistently the most contaminated with pesticides should be purchased organic. These include:

Celery	Apples	Bell Peppers	Kale/Collard Greens	Lettuce
Peaches	Blueberries	Spinach	Potatoes	Cucumbers
Strawberries	Nectarines	Cherries	Grapes (Imported)	

If organic varieties are not available, fresh fruits and vegetables that consistently have the lowest levels of pesticides are the safest choices for conventionally grown produce. These include:

Onions	Mangos	Cabbage	Grapefruit
Avocado	Sweet Peas	Eggplant	Sweet Potato
Sweet Corn	Asparagus	Watermelon	Cantaloupe
Pineapple	Kiwi	Mushrooms	

To download this guide as a PDF, go to ewg.org/foodnews/summary.



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Nutritional Supplements for Gentle Cleansing/ Detox

To enhance the gentle detoxification process, we include the use of the following nutritional supplements:



ESSENTIAL PRODUCTS

Amino-D-Tox Capsules

We are being inundated with toxins on a daily basis. Our ability to handle these toxins is dependent on our body's ability to detoxify them. Cleaning up our diet is a great first step. Less toxins going in means less toxins that have to come out. Amino-D-Tox capsules are crucial for preventing toxins from getting partially detoxified into more harmful compounds and then being dumped back into the bloodstream.

PaleoCleanse

A comprehensive functional food powder that is the backbone of support for the detoxification program. PaleoCleanse is a dairy free formula, featuring protein from non GMO North American yellow peas. Its nutrients and herbs fuel detoxification pathways and promote liver function. PaleoCleanse also contains a full multivitamin/mineral and antioxidant complex.

PaleoMeal

A complete protein powder used as a meal replacement. The nutrient combination in PaleoMeal is ideal for use within a detoxification program. It provides protein and minerals that are in greater demand while one is detoxifying, and helps to prevent muscle loss. The dairy free version is made with Peatein,TM a natural food-grade pea protein concentrate.

PaleoFiber

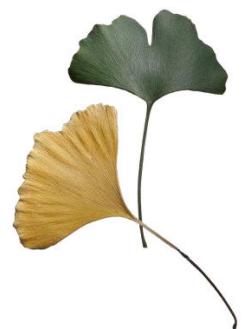
This blend of soluble and insoluble fibers from nature will aid regularity as well as move toxins out of the gastrointestinal tract quickly. PaleoFiber is gluten and lectin free, has significant antioxidant activity, and contains added probiotics! Do not take PaloeFiber at the same time as any prescription medications.

PaleoGreens

A combination of vegetables, fruit and berries high in nutritional value that helps to alkalize the body. PaleoGreens are made with organic ingredients, have a Paleo profile (no grains, legumes or fillers), and are gluten free. These special greens are over 95% active, meaning that you are getting the full nutritional value of the greens.

AllerGzyme

A true full spectrum proteolytic enzyme complex which is focused on assisting with the digestion of proteins. AllerGzyme can be used as a stand alone product along with meals or the capsule can be simply opened and mixed into your protein shake to maximize digestion and assimilation.



Living A Detox Lifestyle

Detoxification is a continuous physiologic process that your body depends on for survival. There are complex cellular detoxification mechanisms that are constantly at work for you all day, every day. Natural and synthetic chemicals are processed by this complex system of cells, organs, and organ systems to keep you healthy in the face of a virtually constant barrage of toxic material. Our program is an excellent tool to improve your detoxification in the short term. The following suggestions will help you keep your body's toxic burden low and your detox mechanisms working for the long haul.



Notes on Plastic

Heating foods in plastic releases harmful chemicals. Never heat food in plastic. Use a glass or stainless steel water bottle instead of plastic.



Cosmetics and Sunscreen

Reduce everyday exposure to chemicals by choosing safer cosmetics and personal care products. Please visit www.ewg.org/skindeep for a cosmetic safety database and a sunscreen safety guide.



Clean Water

Public tap water is often contaminated. Drink and cook with only pure filtered water and consider adding a filter to your shower. Visit www.aquasana.com for more information on water filters.



Cooking Methods

The use of higher temperature cooking in the absence of moisture promotes the formation of toxic compounds. Choose steaming, poaching, braising, and boiling when possible over frying, broiling, and roasting. Avoid direct contact of meat with cooking flames. Use cast iron, stainless steel, or ceramic cookware. Steer clear of Teflon and synthetic non-stick coatings.



Exercise

One of the best ways to increase your metabolic activity is to simply use your body. Daily exercise has innumerable benefits including building lean muscle mass which helps you burn more calories at rest. Sweating also releases toxins.



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Fun and Easy Tips

For Enhancing the Detox

- 1 Drink 1 cup of hot water with 1/4 squeezed lemon & 2 pinches of cayenne pepper first thing upon waking (on an empty stomach). This is very simple but you would be amazed how many people say they can't live without it once they start!
- 2 Use a 'dry brush' to massage your entire body before getting into the shower. Start at the toes, and gently scrub using circular motions toward your heart. Then shower or bathe. This facilitates circulation and toxic elimination through the skin. An invigorating way to start the day!
- 3 Take a warm bath with Epsom salts added to soothe, relax and detox. Additionally you may rub on the salt with a warm, wet washcloth in bath or shower-very invigorating.
- 4 Jump on a rebounder (mini trampoline) for 3-5 minutes at a time. This shakes up your whole body and is particularly useful for stimulating your lymph drainage system, thereby moving those toxins OUT! And it is fun!
- 5 Try your own 'hydrotherapy' in the shower by alternating hot/cold. This stimulates circulation and your immune system. You can also do a sauna/cold shower/sauna etc., if you belong to a gym. Consider trying an infrared sauna – infrared heat penetrates the body tissues much more deeply compared to the traditional sauna and your body can get a good detoxifying sweat going at about 120 degrees as compared to 180 degrees required from a traditional sauna!

21 Day Detoxification Meal Replacement Titration Schedule

	Amino-D-Tox Capsules	PaleoCleanse	PaleoMeal DF	PaleoFiber	PaleoGreens*	Number of Shakes/day
Days 1-7	2 capsules AM 2 capsules PM	N/A	N/A	N/A	N/A	N/A
Days 8-11	2 capsules AM 2 capsules PM	1 scoop 2x/day	2 scoops 2x/day	1 to 2 Tsp 2x/day	1 to 2 Tbsp per day	2
Days 12-13	2 capsules AM 2 capsules PM	1 1/2 scoops 2x/day	2 scoops 2x/day	1 to 2 Tsp 2x/day	1 to 2 Tbsp per day	2
Days 14-18	2 capsules AM 2 capsules PM	2 scoops 2x/day	1 scoop 2x/day	1 to 2 Tsp 2x/day	1 to 2 Tbsp per day	2
Days 19-21	2 capsules AM 2 capsules PM	1 scoop 2x/day	2 scoops 2x/day	1 to 2 Tsp 2x/day	1 to 2 Tbsp per day	2

* PaleoGreens can be taken all at once, or can be divided into separate dosages.

* AllergyZyme - Take 1 to 2 capsules with each smoothie

Detox Program Guidelines

Follow these guidelines THROUGHOUT the 21 Day Detoxification Program (including precleanse week):

- Focus on whole and seasonal foods. This usually means shopping the outer aisles of your grocery store or visiting your local farmers market.
- Drink one half oz per pound of body weight of purified water each and every day for the entire 21 day program.
- Eliminate sugars, desserts & artificial sweeteners. Natural low-impact sweeteners, such as stevia & polyols (eg. xylitol & erythritol) are allowed.
- Eliminate dairy products such as milk, cheese, ice cream and yogurt.
- Eliminate gluten by avoiding foods which contain wheat, oats, rye, spelt, kamut, bulgur, couscous, and barley. This includes pastas, bread, crackers, cereals, and other products made from these grains. Gluten-free whole grains include brown rice, wild rice, millet, quinoa, amaranth, and buckwheat and are allowable during the detox program.
- Choose lean, clean quality protein. Organic/grass fed meat & poultry are allowed. Cold water fish (preferably wild over farm-raised) is acceptable. Avoid fish known to be high in mercury such as swordfish, shark, tuna steak, king mackerel, halibut, and tilefish.
- Eliminate all alcohol and caffeine-containing beverages including coffee, tea and soda.

MODIFIED ELIMINATION DIET



OPTIMAL FOOD CHOICES

to be followed for the entire 21 day detoxification program.

OPTIMAL PROTEIN CHOICES:

Organic/hormone-free chicken, turkey, lamb and grass-fed beef, cold water fish (salmon, cod, sardines, pacific flounder/sole, butterfish, and trout- choose wild ocean fish over farm raised fish), organic eggs. Organic legumes are acceptable for vegetarians.

OPTIMAL FAT CHOICES:

Flaxseed and walnut oils, extra virgin olive oil, organic coconut oil, hempseed oil, avocado, raw nuts and seeds, organic cultured butter, ghee

LOW GLYCEMIC INDEX FRUIT CHOICES:

Berries (blueberries/raspberries/ strawberries)

MODERATE GLYCEMIC INDEX FRUIT CHOICES (FRESH OR FROZEN):

Cherries, pears, apricots, melons, plums, oranges, peaches, grapefruit, apples, prunes, kiwi, nectarines, tangerines

BEVERAGES:

Herbal teas, naturally decaffeinated green tea, spring water, vegetable juices, coconut water

VEGETABLE CHOICES:

Unlimited green vegetables such as salad greens, spinach, green beans, cruciferous vegetables, and raw sauerkraut. Limit starchy vegetables.

CONDIMENTS:

Lemon, lime, cayenne pepper, sea salt, garlic, fresh herbs and spices, flax/olive oil & raw apple cider vinegar for dressings

MISC. SNACK CHOICES:

Nuts (raw are best), hummus, raw or steamed vegetables, low glycemic fruit, almond butter with apple slices

ALKALINE BROTH

Choose a combination of the following vegetables equaling approximately 1 ½ - 2 cups: celery, green beans, zucchini, spinach, parsley, kale, chard, carrots, onion, garlic, and favorite spices. Place vegetables in a soup pot with a significant amount of filtered water (more than enough to cover). Bring to boil and then let simmer for 45 minutes. Strain and keep the broth. You may drink as much of this broth as you want during the 21 day Detoxification Program but at least 1 cup per day. This recipe will keep in the refrigerator for 3 days. Please do not freeze and defrost. Make fresh as needed. If you do not have a sensitive system you may puree the vegetables and broth together in a blender and take as a heartier soup.

DETOX SMOOTHIE RECIPES

*For PaleoCleanse amounts follow dosage on titration schedule.

**For liquid base, use ½ to 1 cup water, coconut water, unsweetened almond, rice, or coconut milk.

***Add fiber to your smoothies with PaleoFiber, flaxseeds or chia seeds, or your favorite fiber source.

****If using frozen fruit, it is not necessary to add ice to the smoothies. If using fresh fruit, you may want to add ice if you prefer a colder smoothie.

Basic Recipe

Blend the following ingredients:

- *PaleoCleanse
- 1 to 2 scoops PaleoMeal DF
- ½ cup frozen organic berries
- ½ to 1 cup water or coconut water

Apricot and Raspberry Smoothie

Blend the following ingredients:

- *PaleoCleanse
- 1 to 2 scoops PaleoMeal DF
- ½ cup frozen organic raspberries
- ½ cup fresh or water packed apricots
- pinch of cinnamon
- ½ to 1 cup unsweetened almond milk

Post-Workout Smoothie

Blend the following ingredients:

- *PaleoCleanse
- 1 scoop PaleoFiber
- 1 Tbs PaleoGreens
- ½ cup frozen mango
- ½ frozen banana
- ½ cup coconut water
- pinch ground ginger
- water and ice

Blueberry Delight

Blend the following ingredients:

- *PaleoCleanse
- 1 to 2 scoops PaleoMeal DF
- 1 cup frozen blueberries
- ½ cup water
- ½ cup coconut milk
- 2 Tb ground up flaxseeds

Southern Style Smoothie

Blend the following ingredients:

- *PaleoCleanse
- 1 to 2 scoops PaleoMeal DF
- 1 scoop PaleoFiber
- ½ cup frozen organic peaches
- ½ cup coconut water or coconut milk
- 2 tsp grated ginger
- pinch of cinnamon

Go-Green Smoothie

Blend the following ingredients:

- *PaleoCleanse
- 1 to 2 scoops PaleoMeal DF
- 2 Tbs PaleoGreens
- 1 scoop PaleoFiber
- ½ cup frozen strawberries
- water